



# Rediscover your love for turf . . .

WINTER is the perfect time to give your home an outdoor makeover. The cooler months are no excuse to neglect your backyard and these cooler months are ideal for laying new turf.

Jason Hodges, landscaper and presenter of Channel 7's Better Homes and Gardens, loves his turf.

"Turfed areas are great for families as the kids are able to run around, play with their favourite games and family pet or even play a bit of footy," he said.

"It is also fantastic for holding outdoor social events, whether you prefer barbecues and picnics, and green areas have even been found to improve happiness and well-being, making people feel more relaxed and closer to nature.

"Turf also has a huge range of environmental benefits such as improving air quality, reducing noise and heat in and around the home, and it can also assist with protecting properties from bush-fires."

According to Turf Australia, other benefits Australians will enjoy by laying turf include:

■ Five square metres of turf lawn

provides all the oxygen needed by a person each day – meaning the average backyard produces enough oxygen for a family of four. Turf is one of the safest surfaces for outdoor leisure activities and it prevents soil erosion while filtering run-off water and trapping pollutants before they get to our river and stream ecosystems.

The Turf Australia website at [www.turfaustralia.com.au](http://www.turfaustralia.com.au) provides advice on the best type of turf for you and further information on the environmental benefits and maintenance tips.

## TOP TIPS

- Don't scalp the grass.
- Don't mow grass that is stressed or wet.
- Keep the mower blades sharp.
- Mow regularly, never removing more than one third of the height per cut.
- Match the mowing height to the expected wear.
- Avoid soil compaction by using a garden fork to break up and aerate the ground in spring.
- Match fertiliser rate to growth rate. Don't fertilise when the grass is growing vigorously.

